

## Allograft Anterior Cruciate Ligament Reconstruction Protocol

### Dr. Schaap

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Post-Op Day	<ul style="list-style-type: none"> <li>-Dressing change</li> <li>-Instructions in signs and symptoms of infection</li> <li>-Check for DVT</li> <li>-Issue HEP for quad sets, SLR, hip ab/adduction, patellar mobs, heel slides and cryotherapy</li> <li>-Electrical stim for quad reeducation and swelling</li> </ul> <p>*Anterior Lateral Ligament (ALL) repair NWB 0-90 x 3 weeks</p>	<ul style="list-style-type: none"> <li>-Independent in home exercise program</li> <li>-Fair quad set</li> <li>-Independent with SLR</li> <li>-Understands importance of knee immobilizer for 1-2 weeks</li> <li>-home electrical stimulation unit if needed</li> </ul>
Phase I (0-8 weeks)	<ul style="list-style-type: none"> <li>-Frequency=2-3x /week</li> <li>-Progress weight-bearing activities as tolerated</li> <li>-Progress unilateral stance</li> <li>-Progress ambulation to normalize gait</li> <li>-Off-the-shelf brace ordered from OSC when swelling is decreased unless otherwise stated</li> </ul>	<ul style="list-style-type: none"> <li>-Full Extension</li> <li>-Range of motion past 100 deg</li> <li>-Good quad set</li> <li>-normal gait/Normal gait up and down stairs</li> </ul>
Phase II (8-20 weeks)	<ul style="list-style-type: none"> <li>-Frequency= 1-2x /week</li> <li>-Progressed to full range of motion as tolerated</li> <li>-Progress all other strengthening as tolerated</li> </ul> <p>Activities: (Begin at 8 weeks)</p> <ul style="list-style-type: none"> <li>--Double leg plyometrics</li> <li>--Outside biking program can begin</li> <li>--In line/ice-skating without cutting or turning</li> <li>--Swimming with a flutter kick only (no diving or flip turns)</li> <li>--Two legged and jump rope can be initiated 10-12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>-If phase 2 goals have been met, discharged from formal physical therapy can occur</li> <li>-Brace fulltime 12 weeks</li> <li>-After 12 weeks brace does not need to be worn for ambulation on level surfaces. Brace should be worn on uneven surfaces.</li> </ul>

<p>Phase III (5-9 months)</p>	<p>-Frequency= PRN</p> <p>Activities:</p> <ul style="list-style-type: none"><li>-No running until 16 weeks post op</li><li>--Progress functional/sports specific training such as large figure-8 running, side-to side activity and forward/backward activity without any hard implanting or cutting</li></ul>	<ul style="list-style-type: none"><li>-Brace on for all more aggressive activities for the first year</li><li>-Return to full activity/sports per physician's discretion</li><li>-9 month if strength sufficient per Biodex and functional testing completed at 7-8 months</li></ul>
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